

**Baal Mazboot (Strong),
Lamby,
Ghany Karne Ka Tariqy
(ilej)
Aur
Baal ki khushki door karna
Girna Sa Chutkra
(Make Hair Strong, long
and Shine, Hair Treatment)**

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Mazboot krna ka ilej**

Khwateen ke hawale se hamesha in ke balon (hair) ka tazkara lazemo malzom samjha jata hai. Ghany, chamakdar aur khubsurat baal hamesha khubsurati main izafe ka bais samjha jata hai. Baal lamby hon ya choty lakin yeh osi waqt achy lagty hain jb in pe tawaju aur time deya jae. Tu leejeeye hum apke liye balon ki khoobsurti aur mazbooti k liye chand aham homemade tips jo ke Urdu / Hindi main hain le kar hazir hain.

Mazboot, Lambay aur Ghany Baal:

Tail ka istemal:

Tail balon ke lye buhat lazimi hai.
Hafty main ak do bar tail lagana
buhat mufeed hai aghar apko tail
nahi pasand tau ap rat ko siy laga
ke so jae aur subha uth ke balon
ko dho lyn.

Tail ki eqsam:

Ap apny balon ke lye zetoona aur narial main se koe ak muntakhib kar sakti hain. Aam tor pe zetoona khushk balon, narial aur sarson ka tail chikny balon ke lye mufeed samjha jata hai.

Balon ka massage:

Balon main tail laga ke ungleo ke sero se balo ka massage kary. Massage halky hatho se kary. Kanpateo pe sar ke darmiani hisy aur peeshy ki janib marhalawar massage kary. Kanpateo ke oper ki janib se bal ugny ka amal shoro

hota hai is lye yahan ka massage
buhat zaroori hai.

Balon ko tail lagany ka dorania:

Kuch khawateen balo main
zaroorat se zeyada tail laga leti
hain. Jo in ke kapro aur takeo ko
lag jata hai. Kabhi bhe itna tail na
lagae keu ke ap ke sar ki jild ak
khas had tak he tail jazab kar
sakti hai. Tail lagany ka dorania
zeyada se zeyada 2 ghanto se le
ke rat bhar tak ho sakta hai is se
zeyada dair ke lye tail kabhi na
lagae. Keun ke zeyada dair tail
lagany se oxygen balo ki jild tak

nahi pohanchti jis ki wajah se bal
toty aur gerty hain. Beshak ap
rozana tail lagae lakin sirf do
ghanty ya pher rat bher lagae aur
subha dho lyn.

Kangi karna:

Balo main gangi karna buhat acha
hota hai. Is se sar ka durane khun
taiz ho jata hai. Din main teen ya
chaar bar gangi zaroor kary. Lakri
ki gangi ka istemal zeyada acha
hota hai. Toty danu wali gangi
kabhi istemal na kary aur gely
balo main gangi her ge zna kary

keun ke is se bal zeyada totoy aur kamzoor hoty hain.

Sar ki khushki dor karny ke lye:

Dahi main thora sa sarsu ka tail mila ke sar dhony se adha ghenta pahly laga lyn aur adhy ghanty bad sar dho lyn yeh amal hafty main ak bar zaroor kary.

Balo ko ghana banany ke lye:

Taza narial se nikalny wala kacha pani ehteyat se kisi botal main mahfooz kar lyn. Aur rozana subha uthny ke bad ahista ahista lagae. Bal chand dinu main girna band

ho jae gay aur mazboot aur sehat
mand ho jae gay.

Bal lamby aur naram karny ke lye:

Ak andy ki zardi main do chamach
mila lyn aur khub phenty is ke
baad balo ki jaro main ungleo ki
phuru se achi tarah lagae. Yeh
amal sar dhony se pahly teen
ghanty pahly kagae.

Bal girne kam karne k liye

Sar ki khopri per lehsan, peyaz ya
sirke ka rass malaen. Iss baat ka
kheyal rakhen k inn main se koi 1
cheez istemal karen, 2 ko mix na
karen. Raat bhar sarr par lagaen

aur subah uth ka achi tarah dho
lain.

Aloe Vera ka istemal balon k liye

Aloe vera (kawar gandal) na sirf
jild yani skin k liye nahayat
mofeed hai, iske balo k liye bhi
bohat se faiday hain. Ye na sirf
balon ko ghanay, lambay, mazboot
aur shiny karne main madad deta
hai balke balon ki amoomi sehet
aur sar ki khushki kam karne k
liye bhi bohat acha hai.

Exercise aur relaxation balon k liye

Stress yani zehni pareshani balon
k liye nuqsan de hai. Halki

exercise , taza hawa main walk aur lambay sans lena aur pur-skoon neend stress ko kam karte hain aur balon k liye mofeed hain.

Baalon k liye ghezaa

Balo ki hifazat behad zaroori hai. Jis tarah insane jism ko sehad mand aur khashash aur bashash rahny ke lye achi ghaza ki zaroorat hoti hai bilkul isi tar balo ko bhi achi gheza aur khayal ki zaroorat hoti hai. Dhoodh, dehi, chicken, daal, anday, machli, palak, gobhi waghaira blong k liye mofeed ghazaen hain. Neez gajar,

chakandar, grape furit ka juice bhi
balon ko mazboot, lamba aur
ghana karta hai.

Issi tarah rangoli henna bhi girte
balon k liye aik azmood haircare
tip hai. Neez sab chaye bhi girte
balon yani falling hair ke liye
mofeed hai. 2 sab chay ke bag
pani main ubalain. Jab pani thanda
ho jay tu sar par lagaen aur 1
ghante baad sar achi tarah dho
lain.

Achi habits (aadaat) balon ko
mazboot aur lambe karne k liye

- . Balon ko qudarti tour pe khushk hony den- dryer ka istemal sirf ba-waqte zaroorat hi karen
- . Balon ki triming baqadgi se karen
- . Bila wajah hair colour istemal na karen
- . Raat ko sotey waqt baal khulay na chorain

Reason And Treatment

Balon ki khushki door karna

Baloon ki khush aur sikri khatam karne ke liye haftay main aik dafa do chammach dahi ,aik chammach

seron ka oil aur aik chamach
shakker mix ker kay balon ki jaron
main lagaen phir aik ghantay baad
sirf pani se baal dho ker so jaen
subha uth ker shampo se dho lain
khushki aur sikri door rahe gi.

Balon ka do mohe hona
Is maslay ke liye her teesray din
balon main tail ki malish kiya
karain aur khuraak main anday
,dalain ,gosht aur salad istamal
karain.

Baal lambay karna(long hair)

Is ke liye aamla ,reetha aur sikakae baraber miqdaar main raat ko bhigo dain aur subha pees ker ser main laga lain do ghanatay baad dho lain baal lambay ho jaenge.

Balon ka girna(Hair falling)

Girtay hoe baalon ko rokney ke liye rozana kalonji ka oil baalon main lagaen.

Baal safaid hona

Is ke liye rozan baalon main zaiton
ka oil lagaya karain.

Baalon ka totna

Mehndi ke pattay serson ke tail
mian tal lain aur oil thanda hone
per nithaar lain is tail ko ser per
lagaya karain baal totna band ho
jaen ge.

Baal kalay siyah karna

Haftay main do baar aamlay aur
bhiron ka safoof raat ko lohe ke
bertan main bhigo dain subha is
se baal dho lain baal kalay ho
jaen ge.

Hair Fall

Guide to the causes of hair fall
and how to avoid them. Also
includes reason of hair fall, hair
fall solution, tips for hair fall,
gharelo totkay, home remedies and
how to get you healthy hair in
Urdu and Hindi.

Reason of Hair Fall:

Balon ki taraf se khawaten ki aik pareshani yeh bhi hoti hai ke in ke baal tot rahe hein. Baal ka girna ya totna aik qudrati amal hai. ager purane baal gire gey nahi tou nay baal kesy aaein gey? Ager ap ke baal zyada maqdar mein gir rahe hein tou pher tashwesh ki baat hai.

Aj kal nu-jawani mein he balo ka girna aik aam shikayat ban chukka hai. bar-e-saghir ki khawaten ki pareshani qabil-e-feham hai kyou ke lambe aur ghane baal he

yahan khubsorti ke alamat samjhe
jate hein.

Awael umer mein baal girne ka matlab hai ke ap ki sehat mein kuch gar bar hai kyou ke es shikayat ka sab se bara sabab na-munasib ghizaein hein. Yahan tak ke ksi aik ghizai jazo ki kami bhi balon ko girane ka sabab ban jati hai. maslan jin افراد mein vitamin B-6 ki kami ho in ke baal girte rehty hein aur jin logo mein folic acid ki kami ho woh bilkul ganje ho jate hein lekin in vitamins ka bhar-por istamal shoru karne

per balon ki mamol ki afzaesh aur
nashonuma bahal ho jati hai.

Baal girne ka ek aur aehum sabab
zehni dabao hai. jis mein
pareshaniyan, iztarab aur achanak
pohachne wala koi sadma hai.

zehni dabao jild mein aur
khusosan sir ki jild mein shaded
qisam ka tanao peda kar deta hai.

es ke natije mein zarori ghezai
ajza ki rasad pe manfi asrat parte
hein aur balon ki afzaesh mutasir
hoti hai. amomi kamzori jo tawel
arsa tak rehne wali bimariyon ke
natije mein peda ho ho woh bhi
baalo ki sehat kharab karti hai aur

mukhtalif masael peda ho jate
hein. In bimariyon mein typhoid,
aatishk, purana nazla, influenza aur
khon ki kami shamil hai. yeh
bimariyan balo ki jadon ko kamzor
kar deti hein. Chunancha baal
girne lagte hein. Sir ki jild gandi
rahe tou bhi baal girne lagte hein.
Gandagi se sir ki jild ke masam
band ho jate hein chunancha balon
ki jadein kamzor ho jati hein.
Morosi asrat bhi aesa aamil hein
jo baal girane ka sabab bante
hein.

Hair Fall Solution:

Balo ki sehat mand kefiyat ka inhasar badi had tak es baat per hai ke maqol maqdar mein zarori ghezai ajza humari roz marra khorak mien mojud ho. Chunke baal protein se bante hein es liye ghane balon ke liye protein ka liya jana nehayat zarori hai.

Aurton ke liye protein ka rozana maqdar 60 gram, nu-jawan larkon aur larkiyon ke liye 80 se 100 gram aur mardon ke liye 80 se 90 gram darkar hoti hai. Protein ka husol dodh, lassi, dahi, soyabin,

andon, panir, gosht aur machliyon ke zariye hona chahiye.

Vitamin A ki kami balo ko khurdara aur bad-sorat bana deti hai esi tarha vitamin B ke kuch arkan, iron, copper aur iodine ki kami se baal girne lagte hein aur waqt se pehly safed ho jate hein.

Aurton mein amoman iodine aur vitamin B1 ki kami ho jati hai. in dono mein se ksi ek ki kamai sir ki jild mein khon ki gardish ko etna sust kar deti hai ke baal girne lagte hein aur nay baaon ki afzaiesh nehayat sust ho jati hai.

aesi aurtein jo apni khurak mein iodine, vitamin complex aur iron ka hosul munasib maqdar mein rakhti hein in ke balo ki afzaesh aur nashonuma durast rehti hai.

Desi ilej and totkey: (Gharelo Totke):

1. Amla ka tail (Amla oil) balo ki afzaesh mein nehayat madad-gar sabit hota hai es ko ghane aur lambe balon ke liye aik tonic ka darja hasil hai. amla ka tail tayar karne ke liye amley ke khushk tukdey nariyal ke tail mein obalein jate hein. Amla ke phal ka taza

juice aur esi maqdar mein lemon ka juice mila kar shampoo ki tarha estamal karne se baal lambe ho jate hein aur inhein girne se bhi tahafuz mil jata hai.

2. Ghezaiyat ki kami ke sabab baal girne ka khatra dor karne ke liye salad ke paty muffed rehte hein. Ghizaiyat ki kami mein mubtala khawaten ko salad ke paton ka juice palak ke juice mein mila kar ba-qaedgi se kuch din pilaya jae tou balon ki nasho-numa mein madad milti hai. dono juice mila kar rozana aadha liter yeh

mashrob pina chahiye. Ager in juice mein alfa alfa ja juice bhi mila liya jae tou zyada moasar ho jata hai. baal sehat-mand ho jaie gy.

3. narial ka saaf tail lemo ka juice aur chone ka pani mila kar rozana balo mein lagana balo ko girne se bachata hai aur inhein lamba karta hai.

4. Sabz dhaniye ke patton ka juice bhi sir pe lagana nehayat muffed rehta hai.

5. girte balo ka ek aur moaser elaj sir mein nariyal ka dodh lagana aur balo ki jadon mein es ka massage karna hai. yeh balo ko sehat-mand aur mazbot bana deta hai . nariyal ka dodh banane ke liye taza nariyal (kachi gari) ko kot kar ya kash kar ke achi tarha nichod liya jata hai.

Hair Problems

The causes of hair loss and other hair problems can be very different. It speaks of a problem when someone's a problem with his or her hair situation. This may

include, among others, hair loss, excess hair, getting gray hair, having thin, dry, oily or limp hair, etc.

The most common cause is hereditary predisposition. But hormonal disorders, skin diseases like eczema, allergies, radiation, chemotherapy, stress, and use of medications can cause hair loss. Hair loss can negatively affect the confidence of people. If the hair loss has a negative effect on the confidence of an individual, called a "hair problem".

بالوں کے مسائل اور ان کا حال بالوں کی نوکیں

بالوں کی نوکیں پھٹنے لگتی ہیں اور یہ نوکیں کئی حصوں میں تقسیم ہو جاتی ہیں۔ ایسا اس وقت ہوتا ہے جب بالوں کی نگہداشت نہ کی جائے۔ بالوں کو ٹھیک غذا مہیا کی جائے تو بالوں کی نوکیں نہیں نکلتی ہیں۔ بالوں کی پھٹی ہوئی نوکیں پریشانی پیدا کرتی ہیں کنگھی بھی کی جائے مگر تھوڑی کی بعد بالوں میں الجھاؤ پیدا ہو جاتا ہے۔ جو بال خشک ہو جاتے ہیں ان کو خوراک ٹھیک طرح نہیں ملتی۔ ایسے بالوں کی نوکیں پھٹ اور بالوں کی رنگت بد نما ہو جاتی ہے جو خواتین بالوں کو کیسٹل سے رنگتی ہیں ان کی بھی نوکیں پھٹ جاتی ہیں جو اپنی بالوں میں موزوں آئل استعمال نہیں کرتے ان کے بالوں کی بھی نوکیں نکل آتی ہیں کیلے بالوں میں زور زور سے کنگھی کرنے سے بالوں کی نوکیں پھٹنے لگتی ہیں پھل اور سبزیاں کا موسم کے مطابق استعمال بالوں کی درست نشوونما کرتا ہے اور پتے والی سبزیوں اور پھلوں سے بالوں کو ٹھیک خوراک ملتی رہتی چمک برقرار اور نوکیں بھی نہیں پھٹتیں۔ جہاں جہاں سے بالوں کی نوکیں پھٹ گئی ہیں ان کو سیدھی قہنی سے تقریباً آدھا انچ تراش لیں۔ اور انگلیوں کے ساتھ مالش کریں اور تھیلی کو سر کے ساتھ نہ لگائیں۔

بالوں کا گرنا

جن خواتین کے بال جھرتے ہیں وہ پریشانی میں مبتلا رہتے ہیں بال گرنا کی بہت سی وجوہات ہوتی ہیں۔ مکمل طور پر صحت مند بالوں کا گرنا بھی مناسب وقت کے ساتھ بہت ضروری ہے۔ ہر روز تقریباً پچیس سے اسی بال گرنا فطری امر ہے۔ لیکن گرتے بالوں کی تعداد اس سے بڑھتی شروع ہو جائے تو پھر ضروری ہے کہ بالوں کی نگہداشت کی جائے گھنے اور خوبصورت بال شخصیت کو خوبصورت بناتے ہیں سب سے خطرناک صورتحال گرتے ہوئے بال گھنے پن کی علامت سمجھے جاتے ہیں بالوں کو گرنے سے روکنے کے لیے توجہ دیں۔ اور خوراک کا خیال رکھا جائے۔ عورتوں کے بال جتنے زیادہ لمبے، گھنے اور مضبوط ہو گئے اتنا ہی ان کے حسن میں اضافہ ہوگا۔ اپنے آپ کو سنوارنا، خوبصورت بنانا، ہر ایک کی فطری خواہش ہوتی یہاں ہی ایسی چیز ہوتی ہے جو جسم میں نمایاں اور گہرا اثر رکھتے ہیں۔ جسم میں سر ہی جسم کے دیگر حصوں کے مقابلے میں جلد متاثر ہوتا ہے۔ عام طور پر لوگ سر کو نگار رکھتے ہیں۔ جس کی وجہ سے ہوا میں اڑنے والی کثافتیں بالوں کی تہوں میں جم جاتی ہیں اور یوں بالوں کی نشوونما رک جاتی اور بال گرنا لگتے ہیں بال کسی جسمانی بیماری کی بناء پر بھی گرنے لگتے ہیں جہاں انسان مرض کی حالت میں بیماری کا علاج کرتا ہے وہاں پر اپنے بالوں کی طرف بھی توجہ دینی چاہیے۔ وقت پر اور مناسب نیند لی جائے تو بالوں پر اچھا اثر پڑتا ہے۔ جو لوگ چائے اور سگریٹ زیادہ استعمال سے بھی بال گرنا لگتے ہیں بال گرنے کی ایک اور وجہ کھارا پانی ہے نہایت وقت کھارا پانی استعمال کریں۔ اکثر لوگ بال گرنے کے دوران بالوں کو پر م لگاتے ہیں یہ درست نہیں۔

Treatment

This simple and natural hair home remedy is a great way to

strengthen weak hair. Excessive use of shampoos and conditioners dry out hair. Strong hair roots are essential for strength hair, this hair remedy strengthen hair roots.

Ingredients:

Amla500gram

Sika Kai..... 250gram

Fenugreek seeds... 125gram

Procedure:

Grind all the ingredients and make a powder and store for future use.

Whenever you have to wash your hair, take almost 25 gram of this powder and soak it in a glass of water.

Leave it for 20 minutes and then wash your hair with it.

For weak hair use same remedy because it is free of chemicals. It is not harmful for hair.

Its really beneficial for hair fall problem.

In Urdu

کمزور بالوں کو مضبوط کریں

اشیاء

۵۰۰ گرام

آملہ

۲۵۰ گرام

سکائی

۱۲۵ گرام

میتھی کے بیج

طریقہ استعمال

تمام اشیاء کو پیس کر پاؤڈر کی شکل میں محفوظ کر لیں۔

جب بھی بال دھونے ہوں تقریباً پچیس گرام مقدار ایک گلاس پانی میں بھگو دیں۔

بیس منٹ بھوئے رکھیں اور پھر اس سے سر دھولیں۔

کمزور بالوں کے لئے یہی طریقہ استعمال کریں۔ چونکہ یہ طریقہ کیمیکلز وغیرہ سے پاک ہے

اس لئے بالوں کے لئے نقصان دہ نہیں ہے۔ اس سے بال گرنا بہت جلد بند ہو جائیں گے۔

Treatment for Damaged Hair

Protein treatment is very useful if

you have damaged and dry hair.

Best intake of protein is through

diet but sometimes you need to apply protein masks on your hair for strong and shiny hair. Here are some treatments for damaged hair.

Hair Protein Mask

- . 1 tsp. of any hair oil
 - . 1 egg yolk
 - . 1 cup water
- . Beat egg yolk till its frothy. add oil and water and beat again.
- . Massage in your scalp and throughout your hair.
- . Rinse after 2hours.

Mayonnaise Mask

- . 3 tsp. olive oil

- . 2 tsp. mayonnaise or yogurt
 - . 1 pinch nutmeg
 - . 3 crushed almonds
 - . 1 tbsp. water
- . Mix all the ingredients till it become creamy.
- . Apply it on your hair and scalp. Leave for half an hour and wash it with baby shampoo.
- . For best results do this four times a week.

Extra Guidness of damage hair

Wash it right.

Make sure your weekly shampoo contains extra proteins and humectants to repair damaged hair.

Also, use a leave-on conditioner every day before drying and styling your hair.

- **Get a protein boost.**

Protein treatments help moisten dry hair and repair damaged hair by filling in the damaged cuticle. But not all protein treatments are alike. Some are mild and others intense, so choose carefully depending on how dry and damaged your hair is.

Follow the instructions on the package and follow up with a

moisturizing conditioner, as some protein treatments can harden the hair and cause it to become inflexible.

- Use a heat-activated moisturizing conditioner once a week.

Apply generously to your hair and cover your head with a plastic cap.

Sit under a hair dryer for 30 minutes or more, since the heat locks in the deep conditioner so that it penetrates the hair.

- Wash your hair once every week to 10 days.

No, this will not make hair dirty and oily. "Wash" your hair with

conditioner instead, just use it like shampoo and lather generously. The conditioner will wash your hair and scalp without drying or damaging your hair. Clean and gently comb for a softer, silkier look.

- **Condition every day.**

Leave some conditioner in your hair as your wash.

- **Get more haircuts.**

As soon as you trim your dry, damaged hair, it will look healthier and less weak and be ready to grow in strong. Be sure to trim at least $\frac{1}{2}$ inch every 8 weeks.

- **Avoid hair dryers and hot irons.**

Hair dryers and curling or straightening irons fry the hair, especially when set to high heat. Try rollers instead, or if you must, use a hair dryer on the coolest setting.

- **Concoct a hair salad.**

Use oil and vinegar. First, rub olive oil into your hair and cover with a soft cloth. Let sit overnight, then wash with white vinegar as your conditioner before you shampoo. The vinegar will reduce dandruff and add gleam and shine

to dry hair, and the oil helps repair damaged hair.

- Add shine.

Gloss your hair with a few drops of mineral oil.

- Apply an egg wash.

Separate eggs and mix the whites with water and a bit of honey.

Moisturize your hair with warm water and apply the mixture. Leave on hair for 10 minutes before rinsing.

- Do not hold the mayo.

Sounds gross, but it works spread mayonnaise on your hair overnight

and cover it in a plastic cap.

Wash in the morning.

You can repair dry hair and eliminate the damage with ease. Simply change your washing and styling habits and use a few extra treatments to repair dry, damaged hair and restore its natural health, beauty, and shine.

3 Common Winter Hair Problems & the Solutions

Winter is here! The harsh cold winter can be very damaging to your hair. This season is the most

rigorous, and it is your hair's number one enemy. Think hat hair, static hair, split ends, brittle strands of hair, and dry frizz.

Yikes!

But before we go into a full on panic, I've asked our good curlfriend, Jane Carter from Jane Carter Solution to give us her top winter hair problems and their solutions.

Winter Problem # 1 Hair & Scalp Dryness

Winter Solution: There is less moisture in the air during the winter months. Dry heat, and wearing hats and scarves tends to make the problem worse and dries out your hair, skin and scalp. Shampooing your hair too often can add to the problem. It's important to mist your hair with a water based leave in conditioner daily to re-hydrate your hair and scalp. Revitalizing Leave In Conditioner or Quench is a great daily re-hydrator. If you need to shampoo

daily because you exercise or perspire often, you can dilute your shampoo with lots of water so that it does not strip all of your natural oils. Hydrating Invigorating Shampoo is great for that purpose.

You can also co-wash, which means cleansing with a surfactant free cleanser that rids your hair and scalp of perspiration, oils and hair products. Creamy Conditioning Cleanser is great. You can also rinse your hair with super warm water and add your favorite

conditioner to add moisture back into your dry hair and scalp.

Nutrient Replenishing Conditioner is a great option for this. If your scalp is excessively dry, you can use Scalp Nourishing Serum to seal in moisture. If your hair is straight, using it in the evening and shampooing it out in the morning is great. If your hair is dry you can use it as a leave in scalp nourisher daily.

Winter Problem # 2 Flat Fly Away Hair & Static Electricity

Winter Solution

Flat fly away hair and static electricity happens as a result of a lack of humidity. Natural Hold Spray Gel is a water based spray with great hold. It's great for root lift and reducing frizz throughout the day as well as fixing flat hair and refreshing your style. It's also important to seal in the moisture that you add to your hair with Hair Nourishing Serum or a small amount of Nourish & Shine.

Winter Problem # 3 Split Ends

Winter Solution: There is not really any way to fix split ends. You can use Condition & Sculpt for wash and wear hair to reduce the look of frizzy split ends. You can also flat-iron with Quench or Revitalizing Leave In Conditioner to help seal your split ends reducing the appearance of dryness and frizz. The best solution for split ends is to trim your hair often as well as choosing the right product which will significantly help to reduce the appearance of split ends.

Treatment

Hair loss affects women as much as it does men. Desi remedies are some time best for this treatment.

If your hairs are falling rapidly, here is a home remedy for you. This remedy is for hair loss and hair dandruff.

Take some dry pieces of amla and prepare amla oil by boiling these amla pieces in coconut oil. This is very simplest and best natural remedy for hair fall.

Mix fresh amla juice and lime juice, and use it as a shampoo, it stimulate hair growth and prevent hair fall.

Mustard oil boiled with henna leaves is also useful in healthy growth of hair. Prepare a mixture by adding 250 grams of mustard oil with 100 grams of henna leaves.

Prepare a mixture of hot olive oil, honey and 1 tablespoon of cinnamon powder, and apply this

paste to your hair, leave for 15 minutes and wash with fresh water.

Grind fenugreek seeds, add water to it and make fine paste.

Massage your scalp after oiling the hair and leave it for 1 hour and after then wash it. Regular use of this remedy will work effectively.

گرتے بالوں اور سر کی خشکی کے لئے

گرتے بالوں اور سر کی خشکی کے لئے ایک مجرب نسخہ
اولے ایک کلو اور پانی ایک کلو لے کر کس کر لیں اور ساری رات پڑا رہنے دیں۔
صبح اس میں ایک کلو سرسوں کا تیل ڈال کر آگ پر پکا لیں۔
اتنا پکائیں کہ پانی خشک ہو جائے اور اولے کالے ہوں جائیں۔
اب اس میں سے اولے نکال لیں اور تیل کو چھان کر رکھ لیں۔
ٹھنڈا ہونے پر اس تیل کو ایک شیشے کی بوتل میں ڈال کر رکھ لیں۔
بالوں میں لگائیں۔ ایک گھنٹہ لگا رہنے دیں۔ پھر دھو لیں۔
اس کے روزانہ استعمال سے بال گرنا بند ہو جاتے ہیں اور خشکی سکری بھی ختم ہو جاتی ہے۔
اس کے مستقل استعمال سے سفید بال بھی کالے ہو جاتے ہیں۔

White Hair Problem & Solution

White hairs problems are increasing day by day in girls and boys. Homemade herbal treatment

has been brought up here from White Hairs Tips in Urdu language.

The beauty secrets are being revealed here for both boys and girls, who can use the hairs tips and tricks after manufacturing the the formulas at the home.

Now you can save your hairs from being white by using these herbal tips and tricks in Urdu. You should not use hair colors on your head, as it leave side affects on hairs and your hairs finally come to ingrown position. Hence after using these homemade remedies you will have no need to use the hair

colors, as you will get rid of white hairs in short period of time.

White Hairs Problems for girls and boys have been discussed before, and now we are providing another herbal solution and homemade formula for your strong hairs.

Whereas the white hair problems are concerned, they are being spread in all over the world.

Where the black hairs people are dying their hairs, the white hairs people are also doing the same.

The beauty tips and secrets for white hairs have been revealed here, and with their help you will

be able to reduce white hairs from head.



Main Umeed Karti ho App ko Hair Problems Aur Solution ka bare mein is APPs zoror Help mili ho gi . mazeed b agr app help ki zorort ho tu review dy apps per.

Designer: aishaapps

**Thanks for read and Hope
for Best. ALLAH HAFIZ**

Rohaandroid